



Support Organisations service delivery modifications for the Southern Midlands During the COVID-19 Pandemic

Organisation Name	Contact information for Community members	Current services provision for Southern Midlands -details
Corumbene Care-Community Services	Community Services Manager: Michelle Garland Ph: 62 617 330 Mob: 0401 009 325 Email: mgarland@corumbene.org.au	Rural Primary Health Team: <ol style="list-style-type: none"> 1. Care Coordination 2. Tele monitoring- includes COVID-19 screening if recommended by GP 3. Allied Health services- Physiotherapy, Occupational Therapy, Social Work both via Telehealth and face to face 4. Virtual exercise classes via skype and Zoom. Individual exercise programs on request 5. Health literacy and social support Community Services: <ol style="list-style-type: none"> 1. Maintaining domestic assistance, personal care services according to risk assessment for all our Community clients, including home care packages, DVA and CHSP 2. Flexible respite for CHSP clients for vulnerable clients 3. Transport for medical appointments only 4. Allied Health visits according to risk assessment for Podiatry, Physiotherapy and Occupational Therapy 5. Grocery, veggie box, meat pack and Pharmacy deliveries for highly vulnerable residents 6. Social support



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Hobart City Mission	Ph: 62154200	Emergency Relief Monday and Tuesday. Appointments by phoning the contact number provided.
Rural, Alive & Well (RAW)	Office Ph: 62541092 24hour Help line 1300 HELP MATE or 1300 4357 6283 www.rawtas.com.au	Inbound Phone Support Outbound Phone Support Next Gen Program (14 – 18 yrs.) RAW Response for Recovery (Triple R) Modified Outreach
StandBy Support after Suicide	0400 183 490 (24/7) standbytasmania@lifelinetasmania.org.au	Support for anyone affected by a suicide (anytime/anywhere) by phone or by video conferencing. Community Education workshops re Suicide Bereavement can be provided to any group/community/service by Zoom Video All StandBy services are free
Child Health Association Tasmania	Liz Craneseo@ chatas.com.au / 0409556061	Virtual Haven - online parenting information and engagement sessions.
Diabetes Tasmania	Diabetes Tasmania Ph: 6215 9000 e. mail@diabetestas.org.au https://www.diabetestas.org.au/News-and-Resources/Referrals	Video and telephone appointments with dietitians and diabetes educators available. Referral needed and can found using this link. https://www.diabetestas.org.au/News-and-Resources/Referrals The COACH© program (telephone based coaching program)



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Advocacy Tasmania	1800 005 131 Monday – Friday 9 a.m. to 5 p.m.	Advocacy support through outreach service delivery model
Tasmanian Elder Abuse Helpline	1800 441169 Monday – Friday 9 a.m. to 5 p.m.	Elder abuse helpline – information and referral
Child Health and Parenting Service (CHaPS)	Brighton Community Health Centre: Ph: 61661370 The Parent Line can also be contact for support: 1300 808 178 Parents with children between 0-5 years may self-refer to the Parenting Centre for parenting support: Ph: 61661605	CHaPS continue to offer services to families, albeit with an emphasis on telehealth Southern Midlands families via Brighton Community Health Centre: ph 6166 2370 <ul style="list-style-type: none"> • All new baby families will be contacted as usual within 48 business hours of discharge from hospital. The usual 2-week child health assessment will be completed • 4 & 8 week Child Health assessments will also be completed • All other assessment will be managed on a case by case basis



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COTA Tasmania – Aged Care Navigation	Tel: (03) 6231 3265 Tel: 0438 323 189 E: admin@cotatas.org.au	COTA Tas offers a comprehensive suite of advocacy supports including lists of local community activities, peer education opportunities, mature workforce issues, ageism support, wellness at home, Seniors' week. COTA also provides Information and support to access the aged care system for the first time or to change to a different type of aged care – we are currently offering support by phone, post, email, or video call
Dementia Tas	Ph: (03) 6277 8807 E: ros@dementiatastas.com.au	Are you caring for someone who is living with dementia? Our dementia consultant is offering phone and video call support during these challenging times when carers might be feeling a little overwhelmed. We also offer training for staff and businesses who would like to be dementia friendly. More resources and info on our services can be found here: https://www.dementiatastas.com.au/



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Family Food Patch	familyfoodpatch@chatas.com.au / 0438 926 242	Free activity kits for families with recipe and play postcards (13 in each set)
Epilepsy Tasmania Anglican	Ph: 6344 6881	Support, Edu/training online, virtual support, including online group chats, individual phone support, peer support by phone and our Facebook groups for Families and for Young Tasmanians
Cancer Council Tasmania	Contact information for Community members Support Staff available Mon- Fri 9-4:30 1 300 656585 infotas@cancertas.org.au	Information and support services for people affected by cancer. Support groups and complimentary therapy programs. Transport to treatment, wig library, free legal support. Available by phone, face to face at Support Centres (Hobart, Launceston, Devonport) by appointment



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Mission Australia NDIS PITC Delivering Local Area Coordination (LAC) program	<p>If you are already connected with an LAC you can continue to have direct contact with them via phone or email.</p> <p>All other enquires;</p> <p>Ph. 6212 6850 or Email; NDISLACsoutheast@missionaustralia.com.au</p>	<p>LAC support is available via Phone or email and can also discuss with you other methods of contact available that works best for you.</p> <p>LACs can help you to:</p> <ul style="list-style-type: none"> • Understand and access the NDIS – This can include individual conversations about the NDIS. • Create a plan – If you are eligible for an NDIS support plan, your LAC will have a conversation with you to learn about your current situation, supports, and goals to help develop your plan. It is important to know that LACs cannot approve an NDIS plan, this is done by someone from the NDIA. • Implement your plan - Your LAC will help you to find and start receiving the services in your NDIS plan. Your LAC can also provide assistance throughout your plan if you have any questions. • Review your plan – Your LAC will work with you to make changes to your plan through a plan review. • Linking you to information and support in your community • Understand how the <u>NDIS works with other government services</u> – this is supports like education, health, and transport;



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		<ul style="list-style-type: none"> • Sustain informal supports around you – this is family, friends and local community members. • You can ask LAC about the supports available in your community, even if you're not eligible for an NDIS support plan. Partners delivering LAC services will also work to make your community more welcoming and inclusive.
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Mission Australia NDIS PITC Delivering Early Childhood Early Intervention (ECEI) program	<p>If you are already connected with an ECEI Coordinator you can continue to have direct contact with them via phone or email.</p> <p>All other enquires; Ph. 1800 572 152 or</p> <p>Email; ECEITASMANIA@ndis.gov.au</p>	<p>ECEI support is available via Phone or email and can also discuss with you other methods of contact available that works best for you.</p> <p>The ECEI approach supports children aged 0-6 years who have a developmental delay or disability and their families and/or carers.</p> <ul style="list-style-type: none"> • Connect you and your child with the most appropriate supports in your area, such as the community health centre, educational setting and playgroup • Provide some short-term early intervention where it has been identified as the most appropriate support • Help you to request NDIS access if your child requires longer-term early childhood intervention supports. If your child becomes an NDIS participant, the Early Childhood Partner will work with you to develop an NDIS plan



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Communities for Children – The Salvation Army	<p>Project Officer – Kirsten Grant, 0400 689 965, kirsten.grant@salvationarmy.org.au</p> <p>Or check out our Facebook page and website for upcoming CfC and Facilitating Partner events. https://www.salvationarmy.org.au/tasmaniac4c/</p>	<p>Communities for Children (CfC) South East Tasmania deliver programs and activities in the areas of:</p> <p>Southern Midlands – Bagdad, Oatlands, Kempton, Campania</p> <p>CfC deliver programs and activities for families with Children in the 0-12 age group that address the priority areas of Safety, Resilience and Aspirations and the CfC Facilitating Partner objectives of:</p> <p>To improve the health and well-being of families and the development of young children, paying special attention to:</p> <ul style="list-style-type: none"> • Healthy young families — supporting parents to care for their children before and after birth and throughout the early years; • Supporting families and parents — support for parents to provide children with secure attachment, consistent discipline and quality environments that are stable, positive, stimulating, safe and secure; • Early learning — provide access to high quality early learning opportunities in the years before school; provide early identification and support for children at risk of developmental and behavioural problems; assist parents with ways they can stimulate and promote child development and learning from birth; and • School transition and engagement - support children and families to make a smooth transition to school working with local schools to assist children and families with their ongoing school engagement.



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Dementia Tas	Ph: (03) 6277 8807 E: ros@dementiatas.com.au	<p>Are you caring for someone who is living with dementia?</p> <p>Our dementia consultant is offering phone and video call support during these challenging times when carers might be feeling a little overwhelmed.</p> <p>We also offer training for staff and businesses who would like to be dementia friendly.</p> <p>More resources and info on our services can be found here: https://www.dementiatas.com.au/</p>
Sexual Assault Support Service	Enquiries/referrals Ph: 6231 0044 –weekdays, 9-5pm 24 hour Crisis Support Line: 24-hour support: 1800 MYSUPPORT (1800 697 877 Email contact: admin@sass.org.au	<p>Counselling support: Phone/online and in-person sessions for anyone impacted by sexual assault trauma;</p> <p>All ages</p>
SASS Redress Support Service	Enquiries/referrals Ph: 6231 0044 –weekdays, 9-5pm 24 hour Crisis Support Line:	<p>Information about, support with completing National Redress Scheme application- phone, in-person and online service provision</p>



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<p>SASS Redress Counselling Service</p>	<p>24-hour support: 1800 MYSUPPORT (1800 Ph: 697 877)</p> <p>Email contact: admin@sass.org.au</p> <p>Enquiries/referrals</p> <p>Ph: 6231 0044 –weekdays, 9-5pm</p> <p>Email contact: admin@sass.org.au</p>	<p>Counselling support available for survivors who received and accepted an offer from National Redress Scheme</p>
<p>Uniting Rural Mental Health Program</p>	<p>Rebekah Francis</p> <p>0419 844 341</p> <p>rebekah.francis@vt.uniting.org</p>	<ul style="list-style-type: none"> • Outreach and phone service delivery either/or combination • 3-6 months duration depending on frequency of contact with option to extend • Recovery model - working on social and mental health goals identified by client. • Skill based and practical support: CBT, ASIST, Support to navigate services etc • Southern Highlands and Central Midlands <p>Referrals:</p> <p>*Free Self-referral or through another organisation</p> <p>Also one day a week running programs for children in Southern Midlands area, such as:</p> <p>DRUMBEAT</p> <p>Cool Kids</p> <p>Stormbirds</p>



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